

**Aging with Disability:  
Demographic, Social and Policy Considerations**

**ACL/NIA/NIDRR**

**CDC's Activities on Disabilities and  
Healthy Aging**

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# **Disability and Aging at CDC**

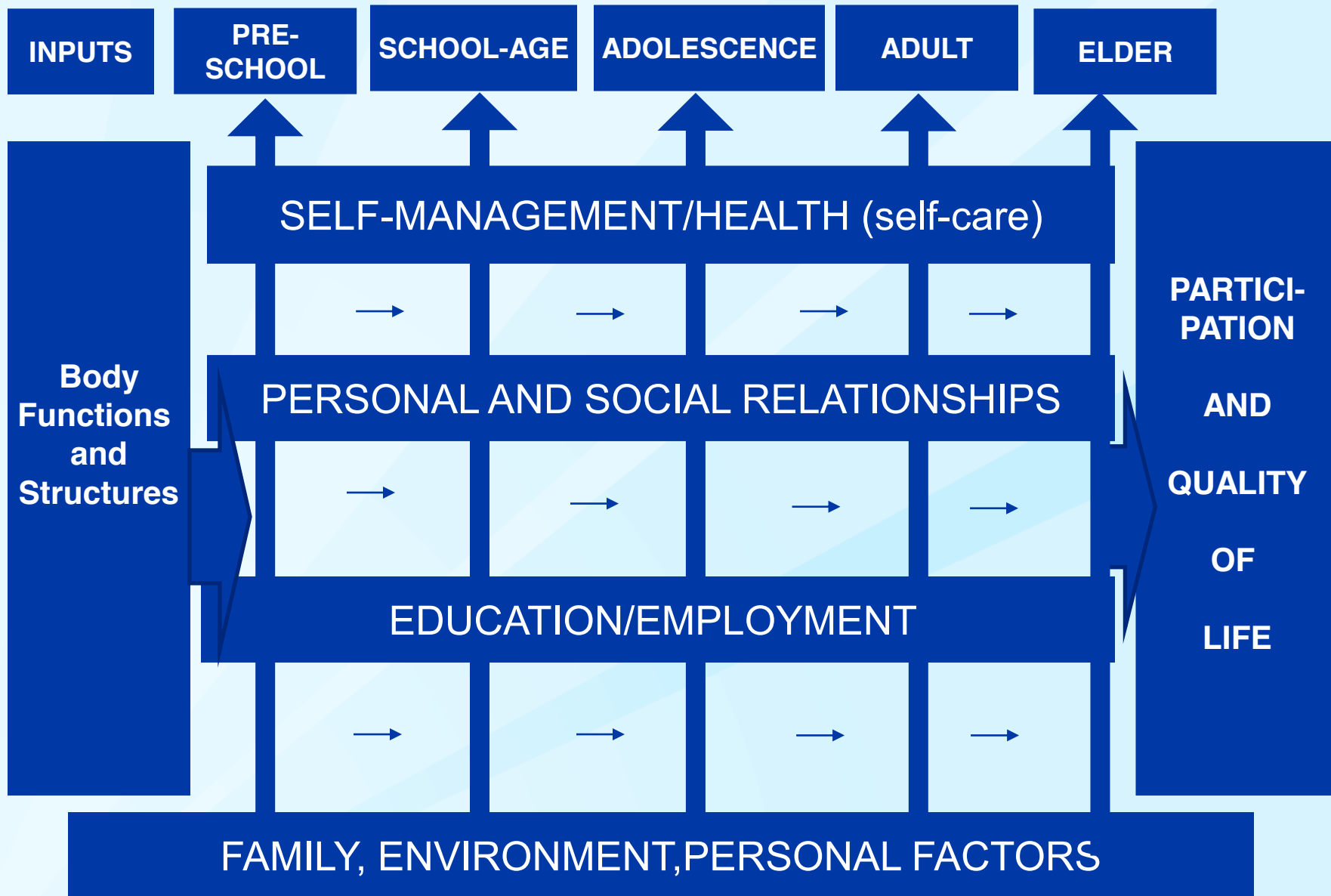
## **□ Overview of Disability and Aging at CDC**

- Division of Human Development and Disability
- Healthy Aging Branch
- Other CIOs that include disability and/or aging issues (e.g., Injury, Environmental Health, Preparedness)

# **Background Considerations**

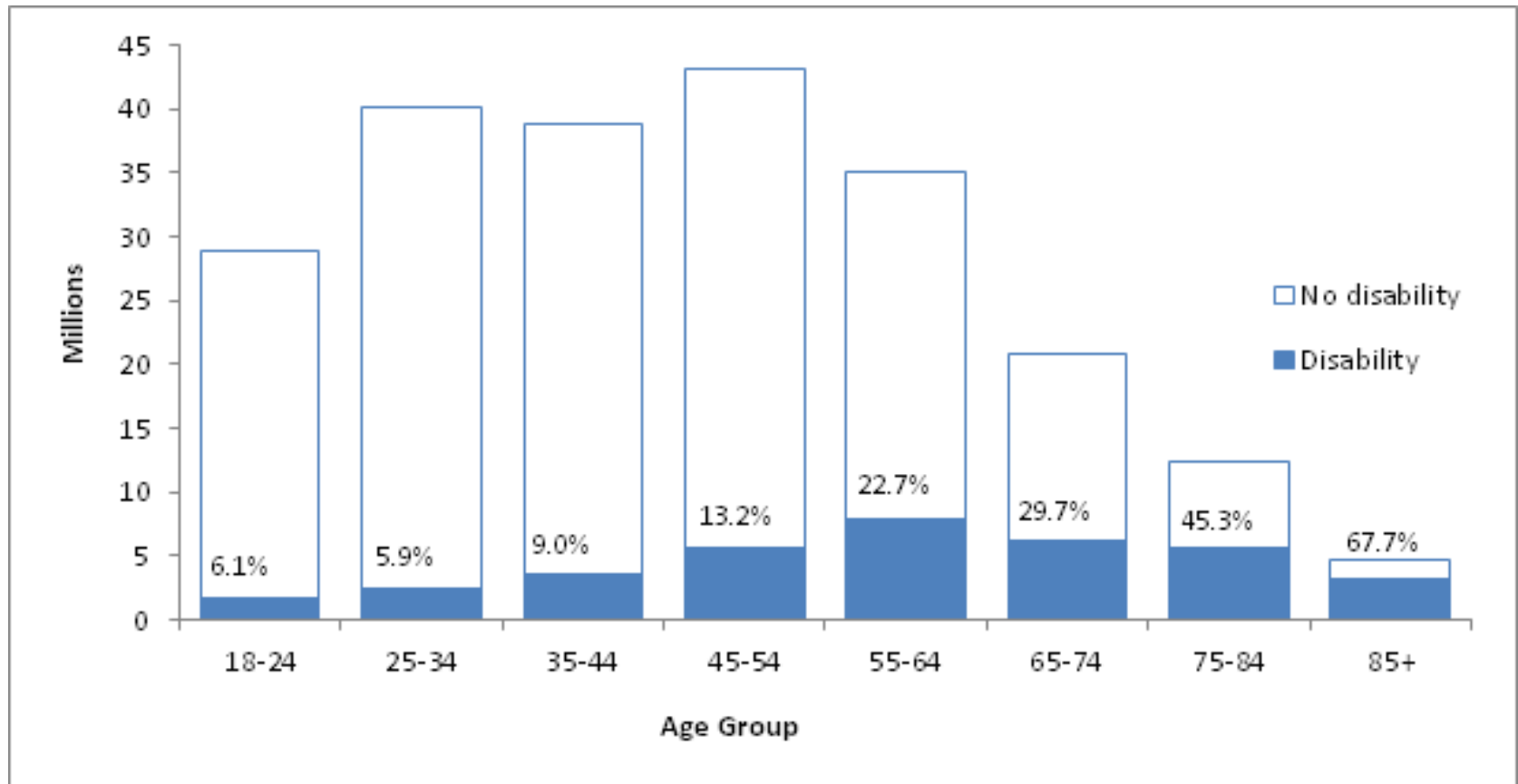
- ❑ **Aging as part of Lifecourse**
- ❑ **Aging With Disability and Aging Into Disability**
- ❑ **Commonalities and Differences between Aging and Disability**

# **DIVISION OF HUMAN DEVELOPMENT AND DISABILITY**



Life Course Model, Swanson, CDC

## Weighted Population Estimates of Adults With and Without Disabilities by Age Group—2010 NHIS



# Issues for Attention

## Ongoing:

- ❑ Accessibility of environments
- ❑ Emergency Preparedness
- ❑ Health disparities

## Emerging:

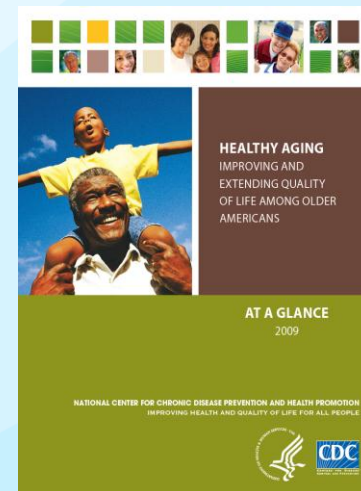
- ❑ Chronic conditions
- ❑ Mental Health

# **HEALTHY AGING BRANCH—CDC**

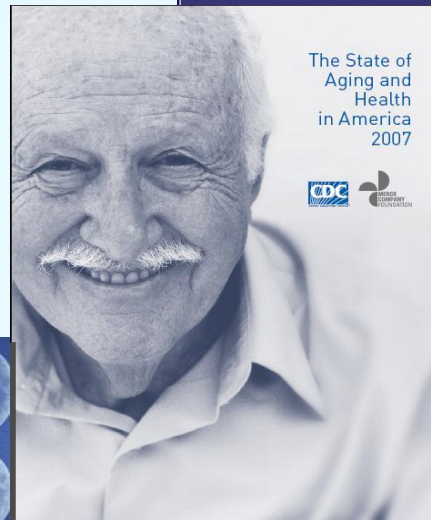
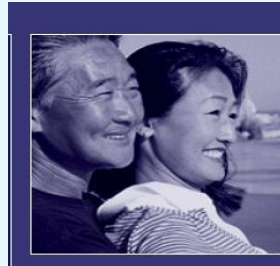
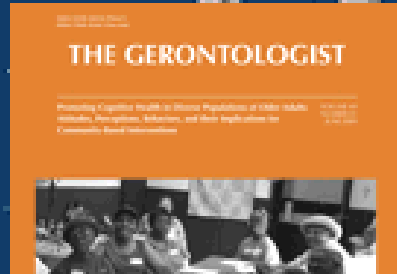
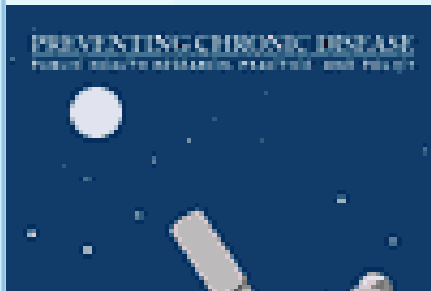


# Healthy Aging: The Role of CDC

- Provide quality health information
- Monitor health status of older Americans
- Identify and put into practice what works
- Integrate public health prevention expertise with the reach of the aging service network
- Facilitate prevention efforts of health care providers and others who serve older adults

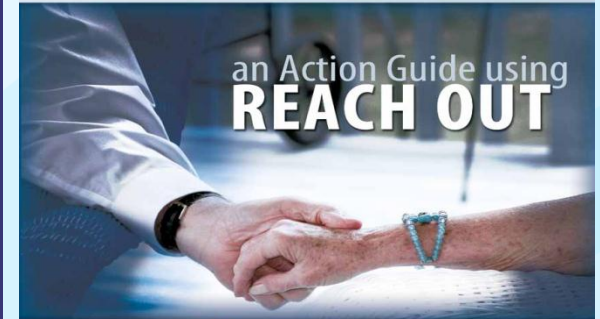


# Examples of Materials from Healthy Aging Program



*The*  
**Healthy Brain Initiative**  
A National Public Health Road Map to Maintaining Cognitive Health

## Implementing a Community-Based Program for Dementia Caregivers



NATIONAL ASSOCIATION OF CHRONIC DISEASE DIRECTORS  
Promoting Health, Preventing Disease



**Issue Brief #1: What Do the Data Tell Us?**

In recognition of the national role of mental health in overall health, the Healthy Aging Program at the Centers for Disease Control and Prevention (CDC) and the National Association of Chronic Disease Directors (NACDD) are releasing this issue brief focused on the mental health of older adults in the United States.

This first issue brief reviews existing data and lays the foundation for understanding key issues related to mental health in older adults. The second issue brief will focus on depression, an important and emerging public health issue. Because public health efforts to develop, test, and disseminate programs that address depression in older adults have not provided information on this topic, the second issue brief will examine interventions to address depression that communities can use to improve the mental health and quality of life of older Americans.

**The State of Mental Health and Aging in America**

**Why is Mental Health a Public Health Issue?**

The World Health Organization defines health as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity." Because mental health is essential to overall health and well-being, it is a public health issue. Mental health is increasingly important part of the public health mission. In health of older Americans has been identified as a priority in 2010 objectives. In the 2007 White House Conference on Aging, Surgeon General's report on mental health.

The goal and mission of public health and health promotion is to improve the mental health and well-being of older adults. Public health agencies promote mental health prevention and surveillance and research to improve the mental health and well-being of older adults. Public health agencies collaborate with partners to develop comprehensive mental health and well-being programs that address the needs of older adults. The challenges for public health are to increase awareness about mental disorders and their treatment, address the stigma associated with mental disorders, and ensure that older adults have access to mental health services, particularly among populations that are most at risk.

**Issue Brief #2: Addressing Depression in Older Adults: Selected Evidence-Based Programs**

In recognition of the national role of mental health in overall health, the Healthy Aging Program at the Centers for Disease Control and Prevention (CDC) and the National Association of Chronic Disease Directors (NACDD) are releasing this issue brief focused on the mental health of older adults in the United States.

The first issue brief presented CDC data and the findings for understanding key issues related to mental health in older adults. This second issue brief focuses on the topic of depression, an important and emerging public health issue. Because public health efforts to develop, test, and disseminate programs that address depression in older adults have not provided information on this topic, the second issue brief will examine interventions to address depression that communities can use to improve the mental health and quality of life of older Americans.

**The State of Mental Health and Aging in America**

**Depression as a Public Health Issue**

Depression is the most prevalent mental health problem among older adults (1). Between 2003 and 2006, 15% of older adults reported current depression and 15% reported a lifetime diagnosis of depression (2).

Depression is associated with distress and suffering and can lead to impairment in physical, mental, and social functioning (3). The presence of depressive disorders often adversely affects the course and complicates the treatment of other chronic diseases (4)—in particular, chronic conditions in the older adult group. Older adults with depression also visit the doctor and emergency room more often, use more medications, incur higher cognitive changes, and stay longer in the hospital (5). Although the rate of older adults with depressive symptoms tends to increase with age (6), depression should not be considered a normal part of growing older. Rather, in 80% of cases it is a treatable condition (7). Because depression is a highly treatable, but currently underdiagnosed condition among community-based older adults, all disease prevention programs for older adults should include a depression treatment component (8).

Over the last decade, depression and other mental health problems have gained increased attention from the public health community. Mental health, including depression, is one of the Healthy People 2010 Leading Health Indicators requiring priority action (9). The World Health Organization has launched a new initiative focused on depression in public health (10). The Guide to Community Preventive Services (Community Guide), developed by the non-federal Task Force on Community Preventive Services, has given the rating of "Recommendation" to intervention involving collaborative care for treatment of adults 18 years of age or older who have major depression (11). Recommendations concerning older adults and mental health are forthcoming and will be posted on the Community Guide website (www.communityguide.org). Additionally, U.S. states are becoming increasingly aware of the burden of depression on their residents. For example, in 2005, Michigan through its Michigan Public Health Institute engaged its strategic planning committee to address depression, which resulted in the state of

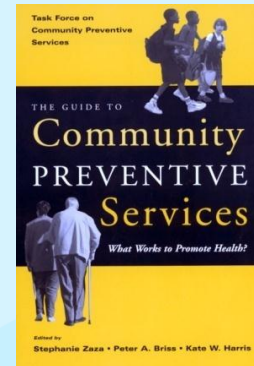


Promoting Preventive Services for Adults 50-64:  
Community and Clinical Partnerships

# Translating Research to Practice

## The Guide to Community Preventive Services

- Provides information about high-priority interventions
- Older Adults:
  - Interventions to treat depression



[www.thecommunityguide.org](http://www.thecommunityguide.org)

## Prevention Research Centers

- Extramural program
- Established by Congress in 1984



[www.cdc.gov/prc](http://www.cdc.gov/prc)

# **Prevention Research Centers Program Thematic Networks**

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## **CDC's Healthy Aging Research Network**

- Better understand the determinants of healthy aging in older adults
- Identify interventions that promote healthy aging
- Assist in the translation of research into sustainable community-based programs throughout the nation

# **Collaborative Activities on Disability and Aging**

- ❑ Caregiver Module for BRFSS**
- ❑ Accessibility/Visitability of Homes**
- ❑ Community Index for Healthy Living**
- ❑ Mobility Workgroup**

# **Current and Future Funding Opportunities**

- ❑ **Healthy Aging Branch—**
  - **Healthy Aging Network – Prevention Research Centers**
  - **SIP on measurement of mobility**
- ❑ **DHDD—**
  - **Incorporate attention to aging into current FOAs**

# **Challenges and Opportunities for Bridging Research Needs**

## **Challenges:**

- ❑ Budget lines**
- ❑ Established priorities and commitments**

## **Opportunities:**

- ❑ Leadership**
- ❑ Strong encouragement for collaboration**
- ❑ Ready opportunities for workgroups and details**

# Thank you

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